

Senior Center
Hours of Operation:
Monday thru Friday
8:00 to 4:00

Bus Hours of Operation:
Monday thru Friday
8:30 -3:00



News &
Tyngs

COUNCIL ON AGING - SENIOR CENTER

180 Lakeview Ave • Tyngsborough, MA 01879

Mail Address: PO BOX 94 Phone: 978-649-9533

E-mail: broche@tyngsboroughma.gov

October 2014

Fall is here and so much progress is being made at our new senior center!! Beginning on October 3rd, we are bringing back "Soup Friday's". Join us on Friday's at 11:30 for some delicious home-made soup. Stay for the paint class afterwards or to play rummy cube. Occasionally we have a 'dessert' sponsor and guest speakers. Please sign up in advance so we know how much food to prepare.

I hope you have all had the opportunity to take a ride down Westford Road, you will be amazed! As of the date that we sent this to press, we did not have an estimated 'move' date. I will keep you posted along the way.

Here are the upcoming Events:

- Wednesday, October 1st at 11:00 – "Dinner Cruise" at the "Old Town Hall" on Kendall Road. Followed by entertainment "Dance Caliente" provided by a Local Cultural Council Grant at 12:00 – tickets \$8.00. Tropical Attire!!
- Monday, October 6th – Wizard Music by John Keinzle 11:00.
- Monday, October 13th – CLOSED FOR COLUMBUS DAY
- Thursday, October 16th at 8:30AM – Veterans/Senior Breakfast served at 8:30 sponsored by the Lion's Club with a presentation at 9:00 by Eleanor Baker from AAA as well as the annual "Under the Hood" inspections done by the students from the Greater Lowell Vocation School.
- Monday, October 20th at 1:00PM – "Fall Tea Party"
- Wednesday, October 29th – "Halloween Party" – "Sing-a-long" with Kathy Rodger provided by a Local Cultural Council Grant.

Enjoy every day! Barbara.

PLEASE NOTE: Effective immediately, all medical trips on Mondays and Wednesdays will be handled by the LRTA Paratransit Service. Please call them directly to schedule your trip 2 days in advance at 978-459-0152. Thank you for your understanding.

STAFF

Barbara Roche - Director
Tracy Pecora - Secretary
Bernie Mercier - Program Coordinator
Midge Poirier - Meal Site Coordinator
Tom Tiano - Custodian
Louanne Brady - Bus Driver
Phil Molleur - Bus Driver
Jerry Richall-Bus Driver

COUNCIL ON AGING

Theresa Martineau - Chairperson
Robert McCarthy -Vice Chair
Claire Downing
Roger Downing
Fred French
Michael Knight
Charlene Muscato
Philip O'Brien
Mildred Poirier
Patricia Quinn
Maryjo Tatseos

SENIOR LIAISON OFFICER

Thomas Walsh

CORE SERVICES

Bus Transportation
Daily Meals
Exercise
Wellness Programs

Newsletter Index

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Tyngsborough COA Newsletter

ONGOING ACTIVITIES /OCTOBER

Tai Chi Exercises
Both Mind and Body
Instructor Lesley Mathews
Every Monday 9:00... Cost \$3.00



The movement is slow, graceful, and fluid. The effort is almost undetectable. Most people are wearing street clothes, and no one has special shoes. "Could this really be exercise? Absolutely!"

MEXICAN TRAIN DOMINOES
Every Monday 10:00-11:30

BINGO
Every Tuesday 12:30-3:00



This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement with this activity and it gives you a chance to socialize with others and have a great time. Come join us.

EXERCISE CLASS
Tuesday 10:15/Thursday 11:45
Instructor Elaine Corsetti
Cost \$3.00 Start 9/11

Wii TV BOWLING
Every Thursday 10:00-11:30

The Wii TV bowling program helps Senior Citizens stay active and healthy, and it's good exercise and good socialization. Stay for lunch afterwards. Sign up two days in advance. 978-649-9211

Elder-Chair Yoga Plus
Instructor Lynda Gambale
Every Wednesday 9:00
Cost \$3.00

It includes relaxation for body and mind, as well as gentle stretches to release tension from various areas of the body. All the exercises can be done while sitting in a chair.

OIL PAINTING CLASS
Every Friday 12:30-2:30
Paint Instructor: Michael Vieira
Cost \$5.00

You can learn to paint with this oil painting course for beginners as well as professional painters.

BONE BUILDERS
Wednesdays 10:00/ Fridays 9:00

Bone Builders is a national program that provides seniors aged 60 and up with free twice-a-week group fitness sessions. Classes focus on exercise to improve balance and increase the strength of both bones and muscles.

ZUMBA Gold	CRIBBAGE
Every Friday	Every Tuesday
10:30-11:15	10:00 -12:00

RUMMY CUBE
Every Friday 12:00-2:00

Come join our group of rummy cube players. We could use more players for more competition. Keep your brain stimulated. If you also would like to come to lunch at 11:30, call the center 2 days in advance to sign up. \$2.00 donation accepted. Volunteers and staff prepare a homemade lunch of the day on Fridays.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for OCTOBER

Starting in *October*—

SOUP FRIDAYS 11:30

Nothing beats the *winter* chill like a steaming bowl of homemade *soup*. You're welcome to stop by any Friday and have yourself a bowl of soup while it lasts. Call two days in advance to add your name to the list. 978-649-9211..Small donation accepted.

CENTER CLOSED MONDAY OCTOBER 13th COLUMBUS DAY

CALIENTE HOT CRUISING Wednesday, October 1st, 11:00

Join us on our TCOA "Cruise" - You'll get "Hot, Hot, Hot" in the main dining room with our tropical meal and later in the lounge with "Dance Caliente" entertainment!! Don't forget to come dressed island style! Cruise Venue is at Old Town Hall. See Tracy or call for tickets.

ISSUES AND CONCERNS

Monday, October 6th, 10:30-11:30

Mary Gail Martin, Legislative Aide from the office of Representative Colleen Garry will be here every 1st Monday of the month.

WIZARD MUSIC:

Monday, October 6th, 11:00 to 1:00

John Kienzle from Wizard Music will provide keyboard "Broadway Melodies" for easy listening. Sign up two days in advance for lunch.

REAL ESTATE TAX ABATEMENT—

Thursday October 14th, 10:30 –12:30

A Representative from the Assessor's office will be at the Center to do Real Estate Tax Abatements. If you are a widowed, legally blind, a disabled veteran, or 65 years or older, you may be eligible. You must bring proof of income and assets. By appointment only call 978-649-9211

DAY OF BEAUTY...

Wednesday, October 1st 10:00-12:45

Pamper yourself, the price is right! Visit the Beauty Shop, the Artisan Restaurant and the little Mini Mall at our local Voke School. If interested call 2 days in advance. 978-649-9211. Transportation is provided.

VETERAN/ SENIOR BREAKFAST

Thursday, October 16th at 8:30 Start your day with a healthy breakfast and a smile. Food sponsor is the Lions Club; Speaker, Eleanor Baker from AAA "Safe Driving for Older Adults".

Also our annual Under the Hood Inspection. Students from the Lowell Voc will be here to accommodate you.

AUTUMN TEA PARTY

Monday, October 20th 1:00

Come in and have fun sampling several types of new teas with us at our semi-annual tea. Bring a favorite home-made goodies and a recipe to share with everyone if you like.



CHAIR MASSAGE

Wednesday, October 22st, 10:00-11:30

Given by Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes.

FRIENDS OF THE COUNCIL ON AGING CRAFT FAIR

Saturday October 25th 9:00-2:00

Location: Tyngsborough Town Hall, 25 Bryant Lane Tyngsborough, MA. If you are interested in renting a table for \$20.00 please call Jean Kareores (978-649-0731) or Joe Jacoppi (978-649-9076)

HALLOWEEN PARTY

Wednesday October 29th 11:00-1:00

Bring your favorite recipe of monster gruel to share. Be sure to add this to the sign up sheet. Costumes are optional., but there will be a prize for the one that is voted the best costume. Come join the fun! Also: Entertainment Sing-a-long with Kathy Rodger, provided by the Cultural Council.



HAPPY HALLOWEEN



Tyngsborough COA Newsletter

IMPORTANT INFORMATION

COA Board Meeting October 21st, 3:30

TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs, Exercise, Tai Chi, Paint Classes and other events at the Center.

The Senior Center relies on donations, sponsors, grants, and user fees to help lower the cost of programs. If you wish to donate please make check to:

Council on Aging, Senior Gift and Donation
P.O. Box 94, Tyngsborough, MA 01879

THE FRIENDS OF THE COA

Is a non-profit organization which helps raise money for your Senior Center. They help sponsor holiday events, functions, entertainers, programs, new furnishings, etc. Membership fee is \$7.00. If you wish to become a member or make a donation you can find the address below.

As many of you know, our new Tyngsborough Senior Center is underway. Although the building will be erected for us, we will be in need of furnishings for the interior of the building.

We are asking you for any donation that you wish to make to help with the furnishings. No amount is too small. Checks can be made out to The Friends of the COA.

Thanks to all of our August 2014 Donors.

The Friends of the Council on Aging
P.O. Box 94, Tyngsborough, MA 01879

SOCIAL SECURITY...

Typically does NOT publish the phone numbers of their local offices. However, you can reach them, toll-free, at **1-800-772-1213** (TTY **1-800-325-0778 for deaf or hard-of-hearing**) for their automated telephone services to get recorded information and conduct some business 24 hours a day. You can speak to a Social Security representative between **7 a.m. and 7 p.m. Monday through Friday**. Generally, you'll have a **shorter wait time if you call during the week after Tuesday**.

FUEL ASSISTANCE

If you received Fuel Assistance last year, applications started going out in August. So be patient. If you look below you will see the delivery dates.

Deliverable fuel	August 2014
Gas & Electric	September 2014
Heat Included in the Rent	January 2015

If you have not received Fuel Assistance in the past but you want to apply this year you need to make an appointment with Tracy at the Tyngsborough COA or go to Community Teamwork in Lowell.

Opening enrollment applications will be accepted starting October 1, 2014, you can schedule your appointment by calling 978-649-9211, and you will be told what to bring.

FLU & PNEUMONIA SHOTS:

When 9:00-12:00 DATE: TBD


Tyngsborough Council on Aging will be offering Flu shots to anyone over 60. **First Come First Served.** Call Town Hall 978-649-2300 for date.

Tyngsborough Public Library
25 Bryants Lane
978- 649-7361
www.tynglib.org

Hours:

Monday	10:30am-8:00pm
Tuesday	9:00am-5:00pm
Wednesday	10:30am-8:00pm
Thursday	9:00am-5:00pm
Saturday	9:00am-2:00pm

OCTOBER 14

MON	TUES	WED	THURS	FRI
FRIENDS OF THE COUNCIL ON AGING CRAFT FAIR Saturday October 25th 9:00-2:00 Location: Tyngsborough Town Hall, 25 Bryant Lane Tyngsborough, MA. If you are interested in renting a table for \$20.00 please call Jean Kareores (978-649-0731) or Joe Jacoppi (978-649-9076)		1 9:00 Yoga 10:00 Wal-Mart 10:00 Day of Beauty 10:00 Bone Builders 11:30 LUNCH- 11:00 Dance Caliente	2 10:00 Wii Bowling 11:30 LUNCH- 11:45 Exercise	3 AM.. Food Shopping Wal-Mart.. 1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
6 9:00 Tai Chi 10:00 Mexican Train Dominoes 10:30 Issues and Concerns 11:00 Wizard Music 11:30 LUNCH- 1:00 Needle Art	7 10:00 T.J Max Plaza.. 1hr 10:00 Cribbage 10:15 Exercise 10:30 Wellness Clinic 11:30 LUNCH- 12:30 Bingo	8 9:00 Yoga 10:00 Bone Builders 10:00 Pheasant Lane 11:30 LUNCH-	9 10:00 Wii Bowling 11:30 LUNCH- 11:45 Exercise	10 AM.. Food Shopping Wal-Mart.. 1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
13 CLOSED  Columbus Day	14 10:00 T.J Max Plaza.. 1hr 10:00 Cribbage 10:30 Real Estate Tax Abatement 10:15 Exercise 11:30 LUNCH- 12:30 Bingo	15 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH	16 8:30 Veterans/Senior Breakfast. 9:00 Under the Hood Inspection 10:00 Wii Bowling 11:30 LUNCH- 11:45 Exercise	17 AM.. Food Shopping Wal-Mart.. 1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
20 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH- 1:00 Autumn Tea Party	21 10:00 T.J Max Plaza.. 1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- 12:30 Bingo	22 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH- 12:00 Podiatrist	23 10:00 Wii Bowling 11:30 LUNCH- 11:45 Exercise	24 AM.. Food Shopping Wal-Mart.. 1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
27 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH- 1:00 Needle Art	28 10:00 T.J Max Plaza.. 1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- 12:30 Bingo	29 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- 11:00 Halloween Party	30 10:00 Wii Bowling 11:30 LUNCH 11:45 Exercise	31 AM.. Food Shopping Wal-Mart.. 1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class

Tyngsborough COA Newsletter

Bus Info/Regular Programs

BUS NOTICE

PLEASE NOTE: Effective immediately, all medical trips on Mondays and Wednesdays will be handled by the LRTA Paratransit (Roadrunner) Service. Please call them directly to schedule your trip at 978-459-0152. Thank you for your understanding. We are NO longer scheduling medical rides on Mondays and Wednesdays it has to be done through the LRTA Paratransit (Road Runner) Service.

In addition, I would like to explain how the pick up and drop off works. If you have an appointment at 10:30 the bus will pick you up between the hour of 9:00 and 10:00 depending how many passengers are scheduled for the same time.

Return ride home: You will be scheduled to return an hour after your appointment time. If your doctor's appointment is at 10:30 the bus will be scheduled to return at 11:30. If the bus drops you off early you will still have to wait for when the bus is scheduled to return, unless the driver is not busy. Still call the office when your ready.

By no means is the bus driver to wait for you while you are at your appointment. This delays the bus and other passengers who have called in. They end up waiting beyond their pick up time. "Time sitting is time wasted".

REGULAR PROGRAMS AT THE CENTER IN OCTOBER

Monday.....

Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-1:00
Needle Art	1:00-3:00

Tuesday.....

Wellness Clinic... 10/7	10:30-12:00
Cribbage	10:00-11:30
Exercise	10:15-11:15
Bingo	12:30-2:30

Wednesday.....

Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage... 10/22	11:00-12:00
Podiatrist... 11/26	12:00-1:15

Thursday.....

Wii Bowling	10:00-11:30
Exercise	11:45-12:45

Friday.....

Bone Builders	9:00-10:00
Zumba Gold	10:30-11:15
Rummy Cube	12:00-2:30
Paint Class	12:30-2:30

Lunch is served promptly @ 11:30 everyday
must make reservations 2 days in advance

BEFORE NOON call 978-649-9211

\$2.00 for seniors & \$4.50 for non-seniors

OFF-SITE BUS TRIPS Pick up times.

- Food Shopping/Wal-Mart : Friday Mornings first run.. P/U starts at 9:00am, second run P/U starts at 10:15am
- T.J Max Plaza, Every Tuesdays pick up starts 9:00AM -11:45AM
- Wal-Mart Wednesday, Oct 1st, 10:00AM-12:00PM
- Pheasant Lane Mall Wednesday, October 8th, 10:00-12:00
- Day of Beauty Wednesday October 1st 10:00

Tyngsborough COA Newsletter

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

WELLNESS CLINIC
Tyngsborough Council on Aging
180 Lakeview Ave 978-649-9211

Nancy Harding, RN, from the
Circle Home, Inc..

Tuesday, October 7th 10:30-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.

NEWS iMEDICARE- *If you need help with your Health Insurance, and are affiliated with Tyngsborough Family Pharmacy, they will be glad to go over the different plans. Just give them a call 978-226-5679.*

PODIATRIST- Wednesday, November 26th 12:00-1:15 the podiatrist will at the Center. This is a first come first serve basis.

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Tyngsborough seniors 60 years and older. Contact TCOA if you are in need of one. "Place on your refrigerator or glove box of your car." Also ask about the Yellow Dot Program. 978-649-9211.

WELLNESS CLINIC at ELDERLY HOUSING
Nancy Harding, RN, from the
Circle Home, Inc.

- Red Pines Elderly Housing, the third Tuesday of each month from **8:30 - 9:30.**
- Brinley Terrace Elderly Housing, the fourth Tuesday of each month **8:30-10:00.**

CLASSIFIED Section

VOLUNTEERS / DONATIONS NEEDED:

DONATIONS NEEDED:

- * **Reg. Coffee and Decaffeinated.**
- * **Sugar packets**
- * **Morning snacks.**
- * **Lg/Med size zip locked bags.**
- * **Cold Cups & Hot Cups - 8 oz.**
- * **Plain Napkins.**
- * **Bacitracin ointment.**
- * **Picture frames w/ 1" wide frames.**

EVENT VOLUNTEERS NEEDED:

Call the center to see what is available. Ask for our Volunteer Coordinator, Roger 978-649-9211.

UPCOMING in NOVEMBER

CENTER CLOSED:

Veterans Day -November 11th

Thanksgiving Holiday-November 27th, 28th

CHRISTMAS TREE SHOP

Monday, November 10th, 10:00-12:00

It's that time of year again, Time to get your Christmas list ready. Soon Santa will be here.

VETERAN'S DAY CELEBRATION

Wednesday November 12th, 11:30-1:00

THANKSGIVING DINNER

Wednesday, November 19th, 11:30

Come and enjoy a Thanksgiving Dinner with all the fixings at the Senior Center. Must sign up for dinner by November 14th dead line. Cost \$2.00 Sponsored by Brightview Senior Living.

THANKSGIVING DAY at the HUDSON FISH & GAME

Thursday, November 27th, 12:00

Eating alone on Thanksgiving? No one eats alone!!! Hudson Fish and Game invites all seniors who are eating alone for a free Thanksgiving Dinner at the Hudson Fish & Game in Hudson N.H. If interested call the Tyngsborough COA to make reservations. Call 978-649-9211.



USEFUL INFORMATION

CLIP THE CARD AND SAVE

NeedyMeds Drug Discount Card

BIN: 600428
RX PCN: 05100000
RX GRP: 05360001
ID: NM0903150000



This is a drug discount program, not an insurance plan.

NeedyMeds Drug Discount Card

NeedyMeds Drug Discount Card
Patient: Simply present this card to a participating pharmacy to receive a discount on your prescription. Patients who have Medicare, including Part D, Medicaid or any state or federal prescription insurance can only use this card if they choose not to use their government-sponsored drug plan for their purchase. The card is not valid in combination with those programs. For questions concerning the card, call 1-888-602-2978 or visit www.drugdiscountcardinfo.com.
Pharmacist: Card must be presented to receive program benefits. Clear system of prior cardholder information associated with this universal cardholder ID. For processing questions, call Argus Health Systems at 1-866-921-7286

© ARGUS

- **Free, or no free registration.**
- **Use at over 63,000 pharmacies nationwide including all major chains.**
- **You have a high drugs deductible.**

- **Share the card with friends and family.**
- **Use the card as often as needed.**
- **Never expires.**

What if I have insurance?

Anyone can use the card, but it can't be combined with insurance.

You can use the card instead of insurance if:

- **A drug isn't covered by your insurance.**
- **Your insurance has no drug coverage.**
- **You have a high drugs deductible.**
- **You have met a low medicine cap.**
- **The card offers a better price than your co-pay.**
- **You are in the Medicare Part D donut hole.**

What drugs are covered?

The card is good for prescription drugs, over-the-counter medicines and medical supplies if written on a prescription blank, and pet prescription medicines purchased at a pharmacy. You'll save on most, but not all, prescriptions.

The card is not valid in combination with other insurance plans, including Medicare, Medicaid or any state or federal prescription insurance. The card can be used only if you decide not to use your government-sponsored drug plan for your purchases.

The card can be shared with friends and family.
Be sure to tell them about the other savings found on
www.needymeds.org